VEGETARIAN

Café COSTA — Taste the Good Life

MAKE YOUR LUNCH RESERVATIONS AT LEAST ONE BUSINESS DAY IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2	**11/3**	**11/4**	**11/5**	**11/6**
Tofu Curry over Brown Rice C Brussels Sprouts Bean Medley FRUIT/DESSERT	+ Pinto Bean Sloppy Joe on a Whole Grain Bun Harvard Beets Italian Vegetables C Orange Juice FRUIT/DESSERT	Black Beans w/Salsa and Cheese with a Flour Tortilla Zucchini C Fiesta Vegetables FRUIT/DESSERT	Tofu Chow Mein C Stir Fry Vegetables C Cauliflower Black Beans Whole Wheat Roll w/Butter FRUIT/DESSERT	Kofta Meatballs over Brown Rice Peas & Carrots C Broccoli Florets FRUIT/DESSERT
11/9	**11/10**	**11/11**	**11/12**	**11/13**
+ Bean & Cheese Burrito w/Enchilada Sauce & Cheese C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	Vegetarian Chili Glazed Carrots C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	**VETERANS DAY**	Spaghetti & Vegetarian Meatballs with Alfredo Sauce Scandinavian Veggies Green Beans with C Red Bell Peppers FRUIT/DESSERT	Vegetarian Burger w/Lettuce, Tomato, Onion, Mustard, and Mayonnaise on a Whole Grain Bun C Brussels Sprouts Stewed Tomatoes FRUIT/DESSERT
11/16	**11/17**	**11/18**	**11/19**	**11/20**
Kofta Meatballs over Brown Rice Peas & Carrots C Broccoli Florets FRUIT/DESSERT	Tofu Curry over Brown Rice C Brussels Sprouts Bean Medley FRUIT/DESSERT	+ Pinto Bean Sloppy Joe on a Whole Grain Bun Harvard Beets Italian Vegetables C Orange Juice FRUIT/DESSERT	Black Beans w/Salsa and Cheese with a Flour Tortilla Zucchini C Fiesta Vegetables FRUIT/DESSERT	Tofu Chow Mein C Stir Fry Vegetables C Cauliflower Black Beans Whole Wheat Roll w/Butter FRUIT/DESSERT
11/23	**11/24**	**11/25**	**11/26**	**11/27**
Vegetarian Burger w/Lettuce, Tomato, Onion, Mustard, and Mayonnaise on a Whole Grain Bun C Brussels Sprouts Stewed Tomatoes FRUIT/DESSERT	+ Bean & Cheese Burrito w/Enchilada Sauce & Cheese C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	Vegetarian Chili Glazed Carrots C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	**THANKSGIVING DAY**	**DAY AFTER THANKSGIVING**
11/30				
Tofu Chow Mein C Stir Fry Vegetables C Cauliflower Black Beans Whole Wheat Roll w/Butter FRUIT/DESSERT				

All meals served with lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES: VEGETARIAN OR FEATURED ENTRÉE SALAD (BBQ CHICKEN W/BLACK BEANS, CORN, RED ONIONS, AND RANCH DRESSING).

_ Vitamin A

C Vitamin C

\+ Higher in sodium

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.